

IN A CATEGORY ALL THEIR OWN

MOUNTAIN PIES

You can't go wrong with a mountain pie. They even have a Facebook page (where you'll find a recipe for Roasted Mango Chicken Pies)!

First, the basics. Grab a pie iron and some bread. Spray both sides of the iron with cooking spray (or throw in a pat of butter on each side), put the bread in the iron and then add your toppings. Fold the iron together, put it in the campfire, flip it after five minutes and cook it for five minutes on the other side. Try these, or create your own:

Pizza sauce, cheese, pepperoni

Refried beans, cheddar cheese, olives

Ham and cheese

Peanut butter and chocolate sauce

Pie filling (pick your favorite)

Canned peaches and a marshmallow, sprinkled with powdered sugar while warm



FOR MORE INFORMATION

- Adsmond, Lou. *The Appalachian Trail Food Planner*. Appalachian Trail Conference, 2001.
- Axcell, Claudia and Cook, Diana. *Simple Foods for the Pack*. Sierra Club Books, 1998.
- Connors, Tim and Christine. *Lip Smackin' Backpackin'*. 2000.
- Friends of Parker Dam, *Parker "Dam Good Recipes"*. Morris Press Cookbooks, 2012. (Available online at www.PAParksandForests.org.)
- Greenspan, Rick and Kahn, Hal. *Leave No Crumbs Camping Cookbook*. Storey, 2004.
- Gunderson, Mary. *The Food Journal of Lewis and Clark, Recipes for an Expedition*. History Cooks, 2003.
- Jacobson, Cliff. *The Basic Essentials of Cooking in the Outdoors*. ICS Books, Inc, 1989.
- McHugh, Gretchen. *The Hungry Hiker's Book of Good Cooking*. Alfred Knopf, 1982.
- Miller, Dorcas. *Backcountry Cooking*. Backpacker Magazine, 1998.
- National Museum of Forest Service History. *Camp Cooking*. Gibbs Smith, 2004.
- National Outdoor Leadership School. *The NOLS Cookery*. NOLS, 1991.

Cover Photo by David LaVerne

(Photographed on the Pinchot Trail in Lackawanna State Forest)

Kids in the Outdoors—Take Five in the Outdoors Photo Contest, September 2012
Visit our Facebook page at www.Facebook.com/PennsylvaniaParksandForestsFoundation for this and other great shots celebrating your state parks and forests!

Happiness Over A Flame



Easy Recipes For the
Trail, Camp or River



PPFF's mission is to inspire stewardship of
Pennsylvania's state parks and forests.

Pennsylvania Parks and Forests Foundation—the official nonprofit partner of the Pennsylvania state parks and state forests—welcomes you to the joys of camping in your state parks and forests. We are sure you'll find the staff friendly, the scenery beautiful and your time with family and friends relaxing.

To make help your camping trip a little easier we've compiled a list of easy, delicious campground recipes. Many of the recipes list dry ingredients to combine at home in a zippered storage bag so that when you're in camp, cooking is merely a matter of assembling the components and adding heat and enjoyment. You won't have a chef's kitchen in the woods—but you will have much, much more!

On behalf of PPF, happy camping!



704 Lisburn Road | Suite 102
Camp Hill, PA 17011
(717) 236-7644
www.PAParksAndForests.org

SNACKS AND DESSERTS

At home, combine in zippered bag:

- 2 cups Cheerios
- 1 cup peanuts
- ½ cup sunflower seeds
- ½ cup raisins
- 1 cup M&M's

TRAIL MIX



At home, combine in zippered bag:

- 1 3-ounce box instant chocolate pudding
- 2/3 cup powdered milk

ROCKY ROAD PUDDING

Packaged separately:

- ¼ cup chopped pecans or walnuts
- ¼ cup mini marshmallows

In camp:

Add 2 cups of water to the pudding mix. Top the pudding with the marshmallows and nuts after the pudding has set up. Serves 2-4.



Can of crescent rolls

Choice of fillings (apple, blueberry, cherry pie; pizza; pudding)

SORE THUMBS

Spray a clean unpainted broom handle with cooking spray. Take one crescent roll and wrap around the top. Take another and continue where you left off, until all rolls are on the handle. Cook over the fire until golden brown. Remove from handle carefully and fill with favorite filling.

(Recipe of Cheryl Collins in *Parker Dam Good Recipes* by the Friends of Parker Dam)



SOUPS AND STEWS

CORN CHOWDER

- 1 T vegetable oil
- 1 stalk celery, diced
- 1 cup water
- ½ cup powdered milk
- 1 medium onion, diced
- 2 T flour
- 4-ounce package freeze-dried corn
- Salt and pepper to taste

Heat a 2.5-quart pot over a medium flame. Add the oil, onion, and celery. Saute for 2 to 3 minutes. Mix in the flour and cook (without letting veggies or flour brown) for another 4 minutes. Stir in the water, corn, and powdered milk. Bring to a boil over high flame, stirring occasionally.

Season with salt and pepper, reduce heat to a low simmer, and cook for another 10 minutes. Add enough water to achieve the desired thickness of soup. Serves 2.



DUMPLINGS & SOUP

At home, combine in zippered bag:

- 1 cup flour
- 2 tsp baking powder
- 1/3 cup powdered milk
- ¼ tsp salt

Packaged separately:

- 1 package instant soup
- ¼ cup butter or margarine

In camp:

Make the soup according to the package directions. While it's heating, add the margarine to the bag of dry ingredients and mix well. Slowly add the water to the mixture and knead it in the bag. When the batter is quite stiff but sticky, snip off the bag corner and drop by the spoonful into the boiling soup. Simmer with the lid off until the dumplings are cooked thoroughly, about 10 minutes. Serves 2.



BREAKFAST

SPICED BREAKFAST BANNOCK

At home, combine in zippered bag:

	<i>Serves: 2</i>	<i>Serves: 4</i>	<i>Serves: 8</i>
Flour	1½ cup	3 cups	6 cups
Baking powder	1½ tsp	3 tsp	6 tsp
Sugar	2 T	4 T	8 T
Cinnamon	1 tsp	2 tsp	4 tsp
Salt	Dash	Dash	Dash
Chopped nuts	¼ cup	½ cup	1 cup
Raisins or other dried fruit	¼ cup	½ cup	1 cup

In camp:

Slowly stir water (1 cup for two servings, 2 cups for four or 4 cups for eight) into bag until a batter thicker than pancake batter but thinner than biscuits is achieved.

Grease and preheat a skillet over low fire. Spoon batter into pan and cook slowly over low heat for about 10 minutes. Flip when brown. Turn as necessary to brown and cook center. Serve as wedges or drizzled with honey.



- 1 cup quick oats
- 1/3 cup powdered milk
- 1 T sesame seeds
- Wheat germ (handful)
- ¼ cup dried fruit
- ¼ tsp cinnamon
- Chopped nuts

INSTANT OATMEAL

At home:

Powder the oats in a blender. Combine with remaining ingredients and divide into three equal zippered bags (for three servings).

In camp:

Place each portion in a cup and cover with boiling water.



BREAKFAST

BREAKFAST COUSCOUS

At home, combine in zippered bag:

- ¼ tsp salt 2 T powdered milk
- 3 T brown sugar or honey ¼ cup walnuts, almonds, or sunflower seeds
- ¼ cup raisins, dates, dried apricots, dried apples or other fruit, chopped
- 2 cups couscous 2 T butter flakes
- ½-1 tsp cinnamon Dash of nutmeg

In camp:

- 4 cups water

Bring water to a boil and add remaining ingredients. Cover and simmer for 5 to 10 minutes, stirring occasionally. When water is gone and mixture has fluffed up, it is ready to serve. Serves six.



MAIN DISHES

At home, combine in zippered bag:

- 5 cups uncooked instant long-grained white rice
- 1 2.4-ounce package tomato soup mix
- 1 3-ounce packet dried vegetables or vegetable flakes
- 1½ tsp ground red pepper
- 1½ tsp ground black pepper

In camp:

- 6 cups water

Bring water and dry ingredients to a boil. Stir once or twice. Lower to simmer; cover and cook 5 minutes. Let stand 5 minutes. Fluff with a fork. Serves 8.



SOUPS AND STEWS

LEWIS & CLARK PORK PROVISIONS STEW

- 2 lbs. pork butt, well-trimmed and cut into 1½ inch cubes
- ¼ cup stoneground cornmeal
- 1 tsp salt
- ½ tsp freshly ground black pepper
- 2-3 T salt pork or vegetable oil
- 2 onions, peeled and cut into eighths
- 4 cups beef broth

Place the pork in a paper bag with the cornmeal, salt and pepper. Close and shake to dredge the pork.

Heat the salt pork/oil in large pot. Lightly brown the pork cubes on all sides. Stir in the onions and cook until they soften.

Pour in the beef broth. Simmer over medium-low heat for about 1 hour. For best flavor, cool and refrigerate overnight. The next day, skim the fat from the surface.

Bring to a boil and lower the heat. Cook for at least 20 minutes, stirring often. Do not allow the bottom to burn.

Serve with corn dumplings, muffins or bread. Makes 4 to 6 servings.



MAIN DISHES

CHICKEN CHOW MEIN

- 1 cup soba or whole wheat spaghetti, broken in thirds
- 1 3-ounce can chicken 3 T dried shiitake mushrooms, broken-up
- 2 T dried mixed vegetables ½ tsp chicken or vegetable bouillon
- ¼ tsp garlic powder 1-2 packets soy sauce, to taste

At home, combine all dry ingredients in zippered bag.

In camp:

Bring 1½ cups water to a boil. Add the noodles and vegetables. Simmer until noodles are cooked. Add chicken and heat through before serving. Season with soy sauce to taste. Serves 1.



- 12 ounces angel-hair pasta
- 6 cloves garlic
- 1 bunch fresh parsley or 2 T parsley flakes
- ½ cup high-quality extra virgin olive oil
- ⅓ cup grated Parmesan cheese
- Black pepper, to taste

PRESTO PARSLEY PASTA

At home:

Pack the pasta in a hard-sided container or dry water bottle.

In camp:

Mince the garlic and parsley. Cook the pasta as directed. Drain immediately and toss with olive oil, garlic, parsley and black pepper. (If you can't stomach raw garlic, sauté it in olive oil 2 minutes after the pasta is done.) Serve immediately, sprinkled generously with Parmesan cheese. Serves 3.



MAIN DISHES

TORTILLA PIZZAS

- 1 tsp dried basil
- 1 tsp dried oregano
- 4 ounces tomato paste in a squeeze tube
- 8 8-inch flour tortillas
- ½ pound mozzarella cheese, grated
- Your Favorite Toppings

Spread tomato paste on the tortillas and sprinkle the herbs on top. Add the cheese and toppings. Warm each tortilla in a nonstick pan over moderate heat until the cheese melts.



- ½ cup bulgur
- 2 cup instant black beans
- Salt and pepper, to taste
- Garlic powder, to taste OR one clove of fresh garlic

TEX-MEX BULGER

At home:

Place beans, bulgur, salt, pepper and garlic powder (or whole clove) into a zippered plastic bag.

On the trail:

If using fresh garlic, chop and add to the beans and bulgur. Bring 3½ cups of water to boil and add the dry ingredients. Turn off the heat and allow to sit until water is absorbed and bulgur is soft, about 7 minutes. Serve alone, or with cheese, corn chips or salsa. Serves 2.



MAIN DISHES

GRILLED CAMPFIRE TROUT

1-2 trout per person depending on size of fish

Olive oil Lemon juice (optional)

All to taste:

Salt and pepper, garlic powder, onion powder

Dried herbs (parsley, oregano, basil, red pepper, etc.) or spices (parsley, oregano, basil, red pepper, etc.)

Aluminum foil (individual 12 in. square sheets)

Get fire going good. Cut underside of trout, clean out innards and wash fish inside and out well. It's your choice to leave head on or not. (Be sure and discard innards and parts of fish in a bear safe trash can or some other critter-safe disposal.) Pat fish dry with paper towels.

Working with one at a time, place each fish in the middle of each foil square. Sprinkle oil on inside and outside of fish. Sprinkle lemon juice inside and out. (Larger fish can be grilled directly on grill but use small metal skewers to close the slits.)

Sprinkle inside and out with salt and pepper, then your choice of herbs and spices, inside and out. (We prefer to have less inside and a little more on the outside of the fish.)

Tent the foil packets slightly above the fish with edges of foil tightly sealed but don't wrap foil tightly around fish.

When fire has burned down and flames are about 4 inches below the cooking surface, it is ready. (If cooking in foil, there is no need to spray cooking grate, but if cooking directly be sure and grease the grill with cooking spray.)

Grill for about 5-7 minutes per side. Adjust cooking time according to size of fish.



MAIN DISHES

THANKSGIVING IN A PACKET

1 turkey cutlet

1 cup prepared stuffing

1/2 c turkey gravy

1/2 c green beans

1/4 c dried cranberries

Salt, pepper, thyme, marjoram to taste

Place turkey cutlet on sheet of foil. Put the stuffing on top and the green beans around the cutlet. Pour gravy over everything and sprinkle with the dried cranberries and seasonings. Wrap in a tent pack and place on hot coals for 20 minutes.

*The Tent Pack**

The tent pack provides a pocket of air that allows for greater steaming. Thus, it's best for foods you want steamed more than browned like fruits, vegetables, and meat/vegetable combos.

1. Tear off a sheet of foil just as you would for the flat pack.
2. Place the food in the middle of the foil.
3. Bring the long sides together in the center and tightly fold them together towards the food. This time, stop folding a few inches before you get to the food, leaving a pocket of space and creating a "tent."
4. Tightly roll up the shorter sides, again leaving an inch or so of space between the end of the fold and the food.

*For more simple foil packet recipes (and variations on the packets themselves), visit *The Art of Manliness* at <http://artofmanliness.com/2010/07/20/cooking-around-the-campfire-9-easy-and-delicious-foil-packet-recipes/>

